

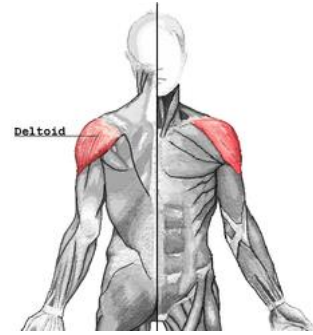
1.



Trapezius

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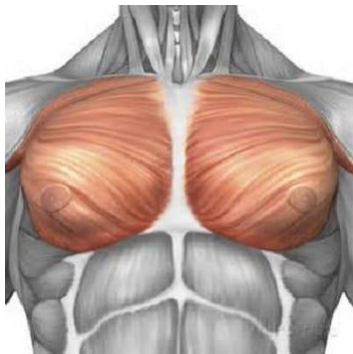
2.



Deltoids

BEYOND

3.



Pectorals

BEYOND

4.



Biceps

BEYOND

5.



Triceps

BEYOND

6.



Latissimus Dorsi

BEYOND

7.



Abdominals

BEYOND

8.



Hip Flexors

BEYOND

2.

Raises each arm forwards, backwards and sideways at the shoulder.

Sporting example – overhead clear in badminton

BEYOND

1.

Holds and rotates your shoulders. Moves your head back and sideways.

Sporting example – a swimmer turning their head to breathe.

BEYOND

4.

Bends your arm at the elbow.

Sporting example – the starting phase of a chest pass in netball

BEYOND

3.

Moves the arm at the shoulder through adduction.

Sporting example – Forehand drive in tennis

BEYOND

6.

Pulls your arm down at the shoulder. Draws it behind your back.

Sporting example – the backwards pull of freestyle.

BEYOND

5.

Straightens your arm at the elbow.

Sporting example – Releasing the ball in a chest pass.

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8.

Supports movement of the leg and knee upwards.

Sporting example – Lifting the knee during a sprint.

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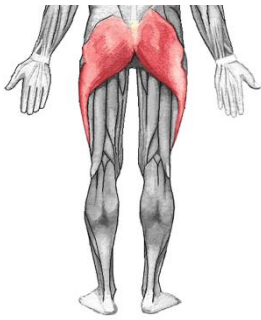
7.

Flexes your spine so that you can bend forwards.

Sporting example – Setting up in the starting blocks for a sprint.

BEYOND

9.



Gluteals

BEYOND

10.



Quadriceps

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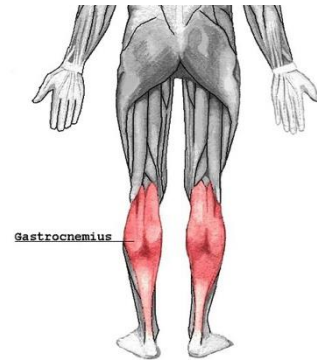
11.



Hamstrings

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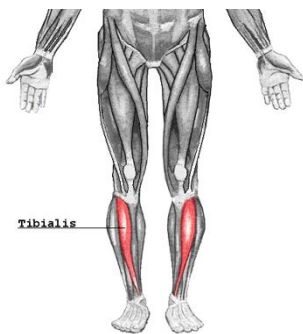
12.



Gastrocnemius

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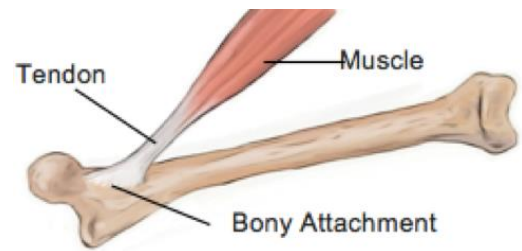
13.



Tibialis Anterior

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14.



Tendons

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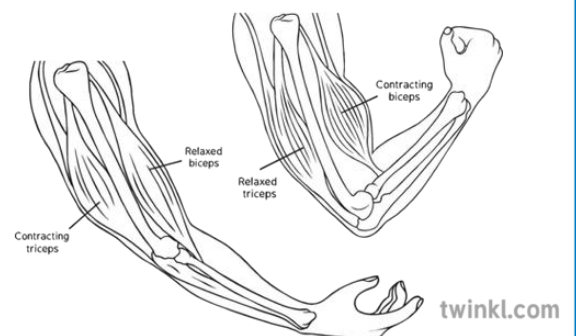
15.



Ligaments

BEYOND

16.



Antagonistic Muscle Pairs

BEYOND

10.

Straightens the leg at the knee. Keeps the leg straight to stand up.

Sporting example – Kicking ball.

BEYOND

9.

Pulls your leg back at the hip. Raises your leg sideways at the hip. The biggest gluteal muscle is called the gluteus maximus.

Sporting example – Lifting the trail leg in the hurdles.

BEYOND

12.

Straightens the ankle joint so you can stand on your tip toes.

Sporting example – Take off for a lay-up.

BEYOND

11.

Bends the leg at the knee.

Sporting example – Before kicking a ball the knee bends.

BEYOND

14.

Attach muscle to bone.  
Create movement by pulling on the bones.  
Very strong.

BEYOND

13.

Performs dorsiflexion – pulling the foot towards the shin.

Sporting example – running any distance.

BEYOND

16.

Antagonistic muscle pairs work in opposition. They create movement when one muscle contracts (the agonist) and one muscle relaxes (the antagonist).

Give an example of an antagonistic muscle pair?

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15.

Attach bone to bone.  
Strong elastic tissue.  
Provide stability for the joint.

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17.



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Isotonic Contractions

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18.



Isometric Contractions

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19.



Concentric contraction

Concentric Muscle Contraction

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20.



Eccentric contraction

Eccentric Muscle Contractions

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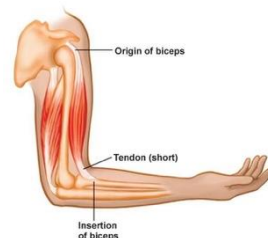
21.



Slow Twitch Muscle Fibres

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22.



Origin

BEYOND

23.



Insertion

BEYOND

24.



Fast Twitch Muscle Fibres

BEYOND

18.

Muscles contract but remain the same length.

Remember isometric – same.

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17.

Muscle change length as they contract.  
This type of contraction causes movement.

Remember 'tonic' has bubbles moving in it.

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20.

When the muscle contracts it lengthens.

Give an example of when a muscle contracts and lengthens?

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19.

When the muscle contracts it shortens.

Give an example of when a muscle contracts and shortens?

BEYOND

22.

Where a muscle attaches to a stationary bone.

Example – The biceps origin is the humerus.

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21.

They can work for longer for longer periods of time without tiring.

Contract slowly.

Produce little force.

Good for endurance.

Give a sporting example that slow twitch muscle fibres would be used for?

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24.

They contract quickly.

Produce a large amount of force.

Tire quickly.

Good for strength and power.

BEYOND

23.

Where a muscle attaches to a moving bone.

Example – the biceps insertion is the radius.

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